

Bus Departs SMS @ 7:30 A Returns to SMS @ 3:30 P??

BLUE VALLEY RELAYS

April 7, 2012

Location: Blue Valley High School at 159th and Lamar.

Teams: Blue Valley High, Blue Valley Northwest, Blue Valley Southwest, Blue Valley West, Lawrence Free State, Shawnee Mission East, Shawnee Mission North, Shawnee Mission Northwest, Shawnee Mission South, Saint Thomas Aquinas

Entries: 3 individual entries per event and 1 relay per team

We will have the "Harry McDonald Masters 1600" at 12:05. It is open to all non-high school athletes wishing to run the 1600. Parents, siblings, coaches, and others are welcome to run in this event.

Schedule: rolling schedule, events may begin before indicated time!

Field Events

Start	Boys'	Girls'
9:00am	Discus Long Jump High Jump	Javelin Triple Jump Pole Vault
10:15am	Shot Triple Jump	Discus Long Jump
11:30am	Javelin Pole Vault	Shot High Jump

Track Events

10:00	Girls' 400 M Shuttle Hurdle Relay (33")
10:15	Boys' 440 M Shuttle Hurdle Relay (39")
10:30	Girls' 4 x 800 M Relay
10:45	Boys' 4 x 800 M Relay
11:00	Girls' 100 M Dash Preliminaries
11:10	Boys' 100 M Dash Preliminaries
11:25	Girl's 1600 M Run
11:35	Boy's 1600 M Run
11:45	Girl's 1600 M Sprint Medley Relay (200-200-400-800)
11:55	Boy's 1600 M Sprint Medley Relay (200-200-400-800)
12:05	The Harry McDonald Masters' Mile (1600m public open event)
12:30	Hall of Fame Induction
12:35	Girls' 100 M Dash Finals
12:40	Boys' 100 M Dash Finals
12:50	Girls' 300 M Hurdles (30")
1:00	Boys' 300 M Hurdles (36")
1:15	Girls' 4 x 100 M Relay
1:25	Boys' 4 x 100 M Relay
1:35	Girls' Distance Medley Relay (800-400-1200-1600)
1:50	Boys' Distance Medley Relay (800-400-1200-1600)
2:05	Girls' 4 x 200 M Relay
2:15	Boys' 4 x 200 M Relay
2:25	Girls' 3200 M Run
2:40	Boys' 3200 M Run
2:50	Girls' 4 x 400 M Relay
3:00	Boys' 4 x 400 M Relay